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I fought COVID-19 with Vitamin C, black seed oil mixed with honey –Gov Makinde

By healthwise | April 7, 2020 | 137547 | 39

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The Oyo State Governor, Seyi Makinde, has revealed how he fought and survived COVID-19 infection while his quarantine lasted.

The governor, who has now tested negative to the virus, spoke on the 105.9 FM on Monday via a telephone interview.

The interviewer, Mayor Isaac Brown, who said he also spoke with the governor when he was under the quarantine, recalled that Makinde had told him that he ingested plenty Vitamin C, and ate lots and lots of carrots, among others in his fight against the coronavirus.

The governor had also told the journalist that his infrared thermometer had been his best friend during his quarantine period, using it to gauge his body temperature at regular intervals.

The reporter then asked, "Okay, can we know your latest temperature?" to which the governor responded, "Thermometer reads out temperature as 36.4 degrees. You can hear that; my body temperature is 36.4 degrees. So, I still have the thermometer."

The governor then launched into the various steps he took in getting well.

"There has been all sorts… My very good friend and brother, Dr. Muyideen Olatunji, the one in charge of the Primary Healthcare for Oyo State, came to me and said, look, I am going to send to you this black seed oil, it boosts immunity.

"So, I mix it with honey and took one teaspoon in the morning and one in the evening.

"So, there are local solutions to boost immunity.

"So, our people should not fret. They shouldn't fret.

"Just as I have been able to get the virus out of my system, so will it be for majority of our people.

"And I'll use this opportunity, Isaac, to just say thank you to our good people of Oyo State, even yourself and major stakeholders for all their prayers and support throughout this period.

"It is important that they continue to follow the advice of the Oyo State COVID-19 Task Force on the need for social distancing and also proper hygienic practices such as washing of hands regularly or using an alcohol-based sanitizer.

"And by God's grace, our lives shall become normal very soon."

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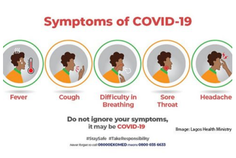

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